

OCTOBER 2018 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO BUS NO FOOD	2 <u>SIMCHAT TORAH</u> CLOSED	3 Veggie Burger Kaiser Roll Lettuce/Tomato/Onion Cole Slaw Banana	4 OJ Pizza Spinach w/ Garlic & Oil Applesauce	5 100% Juice Tuna Wrap Shredded Lett/Tom/Onion Salad w/ O&V Oranges
8 Juice Cheese Blintzes w/ Sour Cream Romaine Salad w/ O&V Chick Pea Salad Melon	9 Bagel with Lox & Cream Cheese Romaine/Tomato/Onion Cucumber Salad Mandarin Oranges	10 Cranberry Juice Cheese Lasagna Romaine/Tomato/Cucumber Salad w/ O & V Italian Bread Apple	11 Fish Cakes & Tartar Sauce Baked Sweet Potato Fries Broccoli Roll Pineapple	12 <u>SHABBAT LUNCH</u> Lentil Soup Roasted Chicken Apple Sauce Sweet Potato Chopped Salad w/O&V Challah Dessert
15 Stuffed Shells Sauteed Zucchini Italian Bread Tropical Fruit Mix	16 OJ Mediterranean Fish Brown Rice Pilaf Carrots & Broccoli Dinner Roll Pears	17 OJ Spinach & Cheese Spanakopita Romaine Salad w/ O&V Dinner Roll Mixed Fruit	18 Veggie Lo Mein w/ Tofu Broccoli w/ Garlic Sauce WW Bread Fruited Jello	19 Apple Juice Fried Onion Egg Salad On Bialy Chopped Tom Salad Apricots
22 Bagel w/ Whitefish Salad Lettuce/Tomato/Onion Cucumber Salad Banana	23 OJ Falafel W/ Tahini Sauce Israeli Salad Pita Apple	24 Eggplant Parmesan Over Pasta w/ Marinara Sauce Italian Beans Italian Bread Orange	25 Stuffed Cabbage Sweet & Sour Sauce Israeli Cous Cous Peas & Carrots Fruit Salad	26 Zucchini Soufflé Macaroni Salad Tomato Salad Straw/Banana Yogurt Pears
29 Potato Bureka Hard Boiled Egg Cole Slaw Sautéed Spinach w/Beans Pears Birthday Cake	30 Cheese Quesadilla Salsa & Sour Cream Shredded Lettuce w/ O&V Carrot Salad Peaches	31 Spaghetti w/Veggie Meatballs In Red Sauce Caesar Salad Italian Bread Melon	Daily registration by 10:30am Sign-up in Room 24 INFO: JANINE MANDERA (631) 462-9800 X147	
				<div style="border: 1px solid black; padding: 5px; text-align: center;"> SYJCC KOSHER LUNCH PROGRAM </div> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 5px;"> <small>Please Note: This menu is subject to change. Please check the board for the menu of the</small> </div>

Lunch is served at 12:00 noon daily. Suggested Contribution: \$4.00 Each meal includes bread, margarine and 1% milk. Menu is subject to change at the discretion of the Suffolk County Office of Nutritional Services. All meals prepared are under Rabbinical Supervision.

SYJCC Senior Nutrition Program is funded by The Suffolk County Office for the Aging, under Title 3C of the Older Americans Act. Persons with self-declared incomes at or above 185% of the federal poverty level are encouraged to make a contribution equal to the actual cost of the meal.